

Curriculum Vitae - Joanna Abbatt

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CITIZENSHIP:

CANADIAN

DEGREES AND DIPLOMAS:

MASTERS, BIOMECHANICS, MCGILL UNIVERSITY, MONTREAL, 2000
B.F.A., HONOURS, YORK UNIVERSITY, TORONTO, 1981

NAADA YOGA THERAPY TRAINING, MONTREAL, 2017-18
GYROTONIC FOUNDATION CERTIFICATION, 2002
MASSO-KINÉSITHÉRAPIE, KINÉ-CONCEPT, MONTREAL, 1994
PILATES CERTIFICATION, PILATES STUDIO, NEW YORK, 1990

GRANTS:

CANADA COUNCIL FOR THE ARTS, 1983, 1985, 1998, 2004
MINISTÈRE DES AFFAIRES CULTURELLES, 1990, 1992
DANCER TRANSITION RETRAINING GRANT, 1990, 1996

PROFESSIONAL EXPERIENCE

1991-present Private practice – Pilates-based bodywork and rehabilitation, conditioning and movement training specializing for professional dancers, circus artists, yogis, athletes and all walks of life, Montreal - based on pilates, gyrotonics, kinésithérapie, massage therapy, biomechanics, dance, manual therapy and yoga therapy

TEACHING EXPERIENCE:

2000-present Functional anatomy courses:
Ecole Supérieure Ballet du Québec: teaches college level course for dance teachers, workshops for teachers(2010-present)

August 2020 Domaine Forget de Charlevoix – online workshops for dancers and musicians

Yoga teachers' training program: Teaching Functional Anatomy

Ashtanga Studio, Montreal, 2004-2017
Naada Yoga Montreal, 2013-present
Wanderlust Montreal, 2014-2020
Zero Gravity Yoga, 2016, 2018
A Balanced Body Approach, Allison Ulan, Montreal, 2017-2019
Acroyoga teachers' training – Montreal, 2015-2019
Madrona Yoga, Point Roberts, Washington

Concordia University, Dance department, Functional anatomy for dancers, 2002-2006

Cégep Drummondville, Québec, 2005

Regroupement Québécois pour danseurs, Montréal, (dancers, teachers and choreographers), 2001

Ballet Divertimento, Montreal, 2000

Private workshops, sponsored privately, 2000-present – pilates teachers, yoga teachers, dance teachers and dancers
e.g, Studio Set, Espace Pilates, recent ones

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Consultant and coach:

Ecole Supérieure Ballet du Québec: movement consultant, conditioning/alignment classes and workshops, Grade 5-college level dance students

National Theatre School, English division, Montreal - movement training coach for student actors, 2006-2009 and 2015-2020.

En Piste, yearly workshops, circus organization, Montreal, 2008-2020.

Movement coach and pilates-based rehabilitation, *Cirque du Soleil* (Allegría, Mystère and Saltimbanco), 1993-1995.

Canadian Pilates Association, Hands-on pilates workshop, Victoria, BC, 2005.

Guest teacher for workshops in Pilates-based and related bodywork for dancers and athletes. (*Les Ateliers de Danse Moderne, Le Groupe de la Place Royale, Concordia University, McGill University, Sherbrooke University*) 1991-1997.

Pilates Instructor, *New York Institute of Movement Science*, New York City (physiotherapy patients and professional dancers) 1989-91.

Dance teacher throughout Canada (dance schools and universities) 1982-1995

Professional contemporary dancer based in Montreal toured throughout Canada, Europe and the States, 1981-1996.

- worked with numerous choreographers based out of Montreal, member of Montanaro Dance for 5 years, '85-'90, choreographer Michael Montanaro, Fondation Jean-Pierre Perreault, Louise Bedard, Catherine Tardif, Linda Rabin, Tassy Teekman, Fiona Griffiths, Astragale, and more

TRAINING

Pilates Background: (and related)

Teacher training, Pilates Certification Program with Romana Kryzanowska, NYC, Steve Giordano, training at Synergy Exercise Systems, New York Institute of Movement Science, NYC. 1989-91. Certified, NYC. 1990

Further studies with Elizabeth Larkam, SF, Marie-Josée Blom-Laurence, LA, Marika Molnar, Katy Keller, Jean-Claude West, SF, etc.

Studies with Irene Dowd, NYC - anatomy, kinesiology

Gyrotonic Background:

Advanced studies with Lisa-Marie Goodwin, LA and classes in NYC at White Cloud. 1999-2018.

Certification NYC, Julio Horvath, 2002.

Studies with Pascale Leonard, Nancie Lepore, Montreal.

Manual Therapy:

Kinésithérapie, Swedish massage, Kiné-Concept, Montreal. 1991-1994

Workshops throughout Canada, and the US – Fred Mitchell, Diane Lee, Linda-Joy Lee, Tom Myers, Eric Dalton, Stuart Taws, Aaron Mattes, and many more - ongoing

Yoga Training/Therapy:

Naada Yoga Montreal – Certified Yoga Therapy 2017 – continue workshops and classes at Naada

Sivananda Yoga Montreal, 1991-present

Iyengar, Anusara styles, Montreal, NYC, Victoria. 1993-present

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Dance Background:

School of Dance, Ottawa. (ballet, modern, jazz)

York University, Toronto. (ballet, modern, jazz)

Les Ateliers de Danse Modernes de Montréal, Montréal. (contemporary dance)

Workshops throughout Canada, NYC - Banff School of Fine Arts, Dance Dept., New York University, NYC, NY.,

Simon Fraser University, BC.